



# CHATTER ON A PLATTER

JANUARY / FEBRUARY 2013

## Northern Beaches Toastmasters Club

THOUGHT OF THE MONTH

### *International Speech & Evaluation Contest*

“Live daringly, boldly, fearlessly.  
Taste the relish to be found in competition  
in having put forth the  
best within you!”

Henry J. Kaiser

#### **PLATTERS KITCHEN**

Thup Tim Siam Restaurant  
151 Pittwater Rd  
Manly, NSW 2095

Mixed Entrée: Spring roll, Curry Puff, Money Bag  
and Satay Chicken

Thai style Vegetarian spring roll and  
Served with sweet chilli sauce

Mains: Chicken, Salmon Green Curry  
Served with Steamed Rice

Stir fried mixed vegetables with Oyster Sauce  
Curry with Coconut mild mixed vegetables

A delicious meal was eaten by everyone.

***JANUARY & FEBRUARY  
BIRTHDAY CELEBRATIONS***

20th January John Inglis

1<sup>st</sup> February Steve Barber

9<sup>th</sup> February Sharon Austin

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***Welcome to our Guests***

Area 8 Governor: Margaret Donaghy

Guest Speaker: Trevor Phelps

Tracey Jordan, George Lennon & Errol Byrnet  
was given by Reg Stewart.

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***Guest Speakers***



David Tomlinson, Frank Elmes, Brian Paull, Keren Snell

Living daringly, boldly, fearlessly.  
They tasted the relish to be found in competition  
in having put forth the  
best within you!

## ***SPEECHES OF THE EVENING***

**Speaker 1:** David Tomlinson.

**Title:** “The Gift.”

Its Better to give than to Receive was David’s Parents Mantra. It is important to receive and properly accept gifts showing appreciation of the gifts we receive from others no matter what the gift may be.

The gift may not be a material object referring to Nelson Mandella and the gift he learned about his People & Country when in prison.

As a child David had asthma and was given the gift of learning from others of how to control it, then, using that knowledge in helping Denise many years ago when she was undergoing chemotherapy.

The gift of life is precious use it wisely in helping others in many different ways.

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**Speaker 3:** Brian Paull

**Evaluator:** Muriel Jones

**Title:** “Tips to Avoid & Embrace for your 20 year Holiday.”

Speaking of retirement with referring to it as our 20 yr holiday & reminding us all that when going on a 3-6 weeks holiday we make plans, yet 70-80% of our community fail to plan for living the way they prefer now living on the pension. So make plans and work on the \$ numbers.

Also to take the step out of our comfort zone and take courses at one of the many different colleges including University of 3 Age each year.

In doing so ‘Be Prepared’ & Enjoy your Wonderful 20 year Holiday!

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**Speaker 2:** Frank Elmes

**Title:** “How & What are we Teaching our Kids.”

Kids learn 80% of what they know by the age of 10 years.

So, what are we teaching our kids?

Frank’s Dad taught him to speed although always stopping at a Stop Sign or Red Lights. During Christmas with his son, Frank felt pain when hearing his grandsons being yelled at by their father, Frank’s son. Yet this behaviour his son learned from Frank as he did Frank from his Father. His call to action is to everyone, be very aware of your actions and language around your children, for what you do today will be repeated by your children tomorrow & in some cases by there children. “Pope Pius the 12<sup>th</sup> once said, ‘Give me your children until they are 10 and we will make them Catholics for Life.’”

**Speaker 4:** Keren Snell.

**Title:** “My Year Ahead.”

Bravely Keren stood in front of us all telling us of challenges within her personal life.

Her 86 yr old Father is being very possessive of her and her time.

This week she had an amazing head blowing experience with being told she will not be given any more assistance with her tuition. However she needs the Certificate 3 with the Computer course also a Business Admin course she has completed.

In her situation she has to make at least 10 applications a week.

She has called Bronwyn Bishop for assistance.

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*Condense some daily experience into a glowing symbol and an audience is electrified.*

*Ralph  
Waldo Emerson*



## EVALUATION CONTEST

Our guest speaker Trevor Phelps

*Trevor works for Alzheimers Australia & Heart Foundation*

“There is a Madness to my Method”

There is a madness to my method or reversed as ‘a method to my madness’ is shallow, ridiculous and limited. This leads to the Brain which is useless, yet leads to the way we believe & act. The Brain does not memorise. It is not like a computer, the Brain forms rules. Most cells have a method and gives the results you want and can give there results quicker than we can say or speak. The Brain will always be better than your Computer.

The Evaluation Contestants.

*Sue Loucks: This man came and gave his all to us.*

*Keren Snell: Liked his quotes.*

*Guy Loucks: Spectacular speech leaving us the seed of a new idea @ the end of his speech.*

*Frank Elmes: Well rounded speech with numerous hand gestures.*

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*Whatever you can  
do or dream you  
can do, begin it.  
Boldness has  
genius, power and  
magic.  
**Begin it now.**”*

## ***Thought of the Day***

Look well to this day,  
for yesterday is a dream & tomorrow is a vision.  
Yet today well lived, makes every yesterday.  
A dream of Happiness & every tomorrow a Vision of Hope



PHONE: 0408200947

E-MAIL:  
regstewart@bigpond.com

*District 70  
Area: 8  
Hawkesbury Division  
Club No. 609136*

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We're on the Web!

**WWW.**  
northernbeachtoastmasters.org

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## ANNOUNCEMENTS

**SpeechCraft**

**5<sup>th</sup> February 2013.**

Balgowlah Totem 7pm

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### **Awards of the Evening.**

Presented by  
Margaret Donaghy

### **Evaluation Contest**

Winner: Sue Loucks  
2<sup>nd</sup> Place: Guy Loucks

### **Speech Contest**

Winner: David Tomlinson  
2<sup>nd</sup> Place: Keren Snell

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Please let Steve know if you wish to be scheduled for a particular role."

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**NORTHERN BEACHES**

***Moving Forward  
Getting Ahead***

**TOASTMASTERS CLUB**

Meet 6.45pm  
4<sup>th</sup> Tuesday of the Month

**22<sup>nd</sup> January, 2013**

Theme :

Noorpuri Indian  
Restaurant.  
156 Pacific Parade,  
Dee Why.  
(formerly Kahini  
Restaurant)

**Guests Welcome**

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### ***Thought of the Day***

Life is like a camera.  
Just focus on what's important  
Capture the good times  
And if things don't turn out  
Just take another shot.

